ABSTRACT

YOSTHANDRI PRANATA TARIGAN, 2023. ***The Relationship between Anxiety Level and Self-Confidence with the Achievement of Boxing UKM Members of Siliwangi University.*** *Department of Physical Education, Faculty of Teacher Training and Science, Siliwangi University, Tasikmalaya.*

In the sport of boxing strength, speed, technique and mentality are needed when competing. According to previous research, the mental aspect has a contribution of 80% to the athlete's performance and only 20% comes from other aspects. This study aims to determine whether there is a relationship between anxiety levels and self-confidence with the achievements of boxing UKM members at Siliwangi University. This research is a type of quantitative research using an observational design with a cross sectional design. The population in this study were 30 members of the boxing UKM and the sample in this study were members of the Siliwangi University boxing UKM who had participated in the UNJ rector cup national championship with a total of 8 people. The research instrument used in this study was a questionnaire. There are two questionnaires used, namely a questionnaire regarding the level of The State-Trait Anxiety Inventory (STAI) by Spielberger et al. (1964) and a questionnaire regarding self-confidence which is a modification of previous research by Pehe et al. (2021). The results of the Spearman Rank relationship test show that there is a correlation between anxiety levels and achievement with a significance value of 0.015 ($p < 0.05$) but there is no correlation between self-confidence and achievement with a significance value of 0.378 ($p > 0.05$). Statistical analysis of multiple linear regression tests shows a significance value of 0.271 ($p > 0.05$) which means that there is no correlation between the level of anxiety and self-confidence with the achievements of boxing UKM members of Siliwangi University.

Keywords: Anxiety, Confidence, Achievement, Boxing